

Course Syllabus
Autoimmunity Clinical Strategies and Treatment Applications
Kharrazian Institute

Course Title: Autoimmunity Clinical Strategies and Treatment Applications

Instructor: Datis Kharrazian, DC, PhD, DHSc, MS, MMSc, DACNB, DACBN, FACN

Location: Hilton Garden Inn Carlsbad Beach at 6450 Carlsbad Blvd, Carlsbad CA

Course Description

This course will provide an extensive literature review of autoimmunity. An evidence-based model incorporating diet, nutrition, and lifestyle medicine will be presented. Clinical applications to cross-reactivity, oral tolerance, microbiome diversity, and immune modulation will be highlighted.

Learning Objectives:

1. A basic review of immunology
2. Review the fundamental concepts of autoimmunity
3. Review the scientific literature for nutrients, dietary approached and lifestyle factors that impact autoimmune diseases
4. Understand T-cell, B-cell, and antibody laboratory testing
5. Learn clinical history and physical examination findings found with autoimmunity
6. Learn a clinical approach to managing autoimmunity with a functional medicine model.

Program Schedule

Hours 1.5: Review of basic immunology and autoimmunity

- The role of cell-mediated and humoral immunity
- The complement system
- The role of antibodies
- The role of the intestinal and blood-brain barriers

Hours 1.5-3: Fundamental concepts of autoimmunity

- Molecular mimicry/cross-reactivity
- Agglutination
- Citrullination
- Haptenation
- Immunological tolerance

Hours 3-4.5: Dietary proteins and autoimmunity

- Principles of cross-reactivity including amino acid sequence homology and topographical antibody binding homogeneity
- Dietary proteins, antigens, and chemicals that bind cross-reactive with target proteins
- How to develop the appropriate diet for autoimmune disease

Hours 4.5-5.5: Infections and autoimmunity

- Principles of antigen cross-reactivity
- Clinical strategies with autoimmunity and infections

Hours 5.5-6: Review of day 1; Questions

Hours 6-7.5: Environmental and lifestyle triggers for autoimmunity

- Chemical triggers for autoimmunity
- Lifestyle triggers for autoimmunity
- Clinical strategies to manage environmental and lifestyle triggers for autoimmunity

Hours 7.5-9: How to perform a comprehensive evaluation of patients suffering from autoimmunity

- Key principals of conducting a medical history and physical examination for autoimmunity
- How to evaluate autoimmune laboratory tests

Hours 9-10.5: How to clinically manage patients suffering from autoimmunity

- How to develop a dietary, nutritional, and lifestyle strategy for patients suffering from autoimmunity.
- How to develop realistic clinical outcomes

Hours 10.5-11.5: Case study

- Clinical principals learned from case studies

Hours 11.5-12: Review of day 2; Questions